



**SEATTLE PARKS
AND RECREATION**

WINTER 2007



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ALKI

COMMUNITY CENTER



Fashion student Samatha Coy works on her design presentation at Alki Bathhouse

Alki Community Center

5817 SW Stevens St
Seattle, WA 98116
206-684-7430
Fax: 206-938-9549

Alki Bathhouse

2701 Alki Ave SW

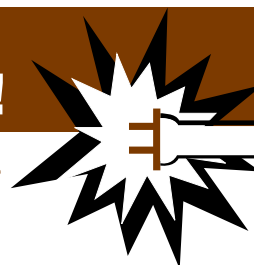
Visit Us on the Web

www.seattle.gov/parks



REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Alki Community Center

Alki Community Center

5817 S.W. Stevens

Seattle, WA 98116

Phone: 206-684-7430 Fax 206-938-9549

Visit us online at www.seattle.gov/parks

City of Seattle Hours of Operation

Monday, Tuesday & Thursday 1 to 9 p.m.

Wednesday, & Friday 10 a.m. to 9 p.m.

Alki Advisory Council Hours of Operation

Monday, Tuesday & Thursday 10 a.m. to 1 p.m.

Holiday Closures

Monday, January 1, New Year's Day

Monday, January 15, Dr. Martin Luther King, Jr. Day

Monday, February 19, Presidents' Day

Program Registration

Registration begins December 4

Program Dates

January 1 to March 31, 2007

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many classes online.

Professional Staff

John Hermann, *Recreation Center Coordinator*

Ken Davis, *Asst. Recreation Center Coordinator*

Chris Jones, *Teen Development Leader*

Stephan Joeres, *Recreation Attendant*

Loretta Lyonaise, *Custodian*

Zoom Piksa, *Building Monitor*

Dirk Hallingstad, *Building Monitor*

Sarah Browning, *Bathhouse Art Specialist*

Talese Heckler, *Bathhouse Art Specialist*

You Can Make a Difference!

Alki Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the fourth Wednesday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. If you'd like to get involved, please contact our staff at 206-684-7430.

Most activities are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Alki Advisory Council Officers

Wayne Johnson, President

Liesa Rose, Vice President

Alison Powers, Secretary

Members

Sharon Ackerlund

Jennifer Van Ornum

Mary Vigilante

Will Winter

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.



Special Events



Children's Puppet Theater Series

Once a month the areas best puppet entertainers will come to the Alki Bathhouse. Put these dates on your calendar as you won't want to miss these outstanding performances. The cost of admission is \$6 for a parent and child and \$9 for the whole family.

Saturday, December 16: Snapdragon Puppet Productions presents "The Mousecracker"

Saturday, January 20: Snapdragon Puppet Productions presents "Puss 'n' Boots"

Saturday, February 17

Saturday, March 17

Alki Christmas Ship

Come on down to Alki Beach and have some hot cider and cookies at the Alki Bathhouse! Join a local musical group around the bathhouse, listen to holiday songs coming from the ship, or sing songs around the bonfire on the beach.

Call Alki Community Center at 206.684.7430 for more information.

Parents' Night Out \$10

Parents it's your turn to take time out for yourselves. Bring your child to the center for an evening of fun while you enjoy a movie in the Admiral neighborhood or fine food along Alki Beach. Please register no later than the Wednesday before the date. We need to have at least four children are needed for each date.

Age: 5 to 10

#12501	Friday, January 19	6:30 – 9 p.m.
#12506	Friday, February 16	6:30 – 9 p.m.
#12508	Friday, March 16	6:30 – 9 p.m.

Morning Yoga on Alki Beach

Enjoy yoga in the solitude of the Alki Bathhouse. Begin your morning amid the smells and sounds of a saltwater beach. After class, walk along the beach or step across the street to enjoy neighborhood coffee shops and restaurants. *For more information, see page 6.*

Friday Night Children's Birthday Parties \$85 + \$2 per skater

Bring your birthday party to the center! Rent the small multipurpose room from 6:30 to 8:30 p.m. Have traditional birthday party fun, and then skate your heart out in the popular Alki Friday Night Skating program. Please make party reservations two weeks in advance.

Fridays 6:30 – 8:30 p.m. 1/5 – 3/30

Friday Night Family Skating \$2

An event for all ages and all abilities! This is a great time to practice your skills and tricks while experiencing a roller-rink atmosphere. You can always look forward to the limbo, friendly racing, and the snack bar. If you don't have your own skates, you can borrow a pair of ours! Sorry, we don't allow outdoor skates.

Age: All Ages

Fridays 6:45 – 8:45 p.m. 1/5 – 3/31

Pancake Breakfast \$4

Enjoy scrambled eggs, sausage, juice, coffee, and all-you-can-eat pancakes. After breakfast, enjoy the family candy hunt with your kids.

\$4 per person (Ages 5 & under free)

Saturday, April 7 8:30 – 11:30 a.m.



Spring Hunt Free

Boys and girls age 3 to 11 will have a great time at the spring hunt searching for chocolate eggs, candy and prizes. The hunt will begin at 10 a.m. Please come early to find the hunting area for your age group.

Saturday, April 7

10 a.m.

Sports



CUB Basketball – Alki/Hiawatha 8/9 House League \$55

Teams for eight and nine year old boys and for eight and nine year old girls (age as of 8/31/06) are forming for play in the Alki/Hiawatha league. Teams practice once a week and then play games Friday nights. **Register now!** Practices begin in November, and games begin in January. We need coaches, so if you're interested, please call the center at 684-7430.

CUB Basketball Registration Info

Note: you must register at the community center for this program.

Age Group	Barcode	
	Boys	Girls
8	#11103	#11102
9	#11105	#11104

Basketball – Citywide 10/17 Leagues \$55

Teams are being formed for play in the citywide basketball program. This program focuses on positive experiences during practices and games and on learning the fundamentals of the game.

Teams will be formed for boys and for girls. The age groups are 10,11,12,13,14–15, and 16–17 (age as of Aug. 31, 2006). Registration begins October 1. We need coaches! Practices begin in November, and games begin in January. If you're interested in helping, please call the center at 684-7430. **Note: you must register at the community center for this program.**

Citywide Basketball Registration Info

Age Group	Barcode	
	Boys	Girls
10	#10379	#11093
11	#11088	#11094
12	#11089	#11095
13	# 11090	# 11096
14 – 15	# 11091	
16 – 17	# 11092	
14 – 17		# 11097

Saturday Teen Night Free

Youth 12 to 16 years will enjoy playing board games, listening to music, and playing pool, ping pong, foosball and basketball. Youth will be expected to sign in and out. Once they leave they will not be allowed back in.

Saturdays 5:30 – 9 p.m. Jan 6– Mar 31



Toddlers/Preschool

Play Club Preschool

Play Club focuses on fun and exciting ways for children to interact with each other. Activities will include music, art, crafts, games, creative play, story time, and an introduction to the phonetic ABCs. This is an excellent place to prepare your child for kindergarten.

Age: 3 to 5 (must be potty trained)

Director: Melinda Kmitta

Location: Center Kid Care Room

3 days/wk \$195/mth

#12512 MWF 9:30 a.m. – 1 p.m. 1/4 – 1/27

#12518 MWF 9:30 a.m. – 1 p.m. 2/1 – 2/27

#12519 MWF 9:30 a.m. – 1 p.m. 3/1 – 3/31

2 days/wk \$130/mth

#12523 TTh 9:30 a.m. – 1 p.m. 1/5 – 1/3

#12526 TTh 9:30 a.m. – 1 p.m. 2/2 – 2/28

#12531 TTh 9:30 a.m. – 1 p.m. 3/2 – 3/30

Parent/Child Hangtime

Join parents and children for a drop-in program where you can make new friends, get out of the rain, and have some fun with your child. Parents must supervise their children at all times!

Ages: 5 and under

Location: Center Multipurpose Room

Tue/Fri Noon – 3 p.m. 1/2 – 3/30

Fees: \$2 per visit

Note: Parks and Recreation provides “recreation programs” for preschool-age children who are 3 and 4 years old and 5-year-olds who are not enrolled in school. The State Department of Social and Health Services (DSHS) define “child care” in a specific manor which requires licensing. Our preschool programs are not licensed; therefore, we limit participation in preschool recreation programs to 3½ contiguous hours per day.

School-Age Care

Before and After School Program

Our Before and After School Program offers social, physical, and intellectual activities that are fun for children. Alki's staff offer quality supervision while smoothly blending in culture, crafts, homework time, athletics, and field trips. For scholarship information, please call 206-684-7186.

Age: K to 5th grade

Director: Jill Patterson

Before School Program \$160/mth

Mon – Fri 7 – 9 a.m.

After School Program \$245/mth

Mon – Fri 3 – 6 p.m.

Dates	Before School	After School
1/21 – 1/31	#12366	#12312
2/1 – 2/28	#12369	#12316
3/1 – 3/30	#12372	#12322

Note: Parks and Recreation offers “school-age care programs” for children between 5 and 12 years old **and** enrolled in grades Kindergarten through fifth grade. Under DSHS rules, we are prohibited from registering for these programs any child who is younger than five years old or who is not enrolled in school.

School Break Camps

These fun camps for kids grades K – 5 will feature arts and crafts, sports, games, field trips, swimming and more.

Age: Grades K – 5

Director: Jill Patterson

In Service Day \$29

Fri, Feb 2 7 a.m. – 6 p.m.

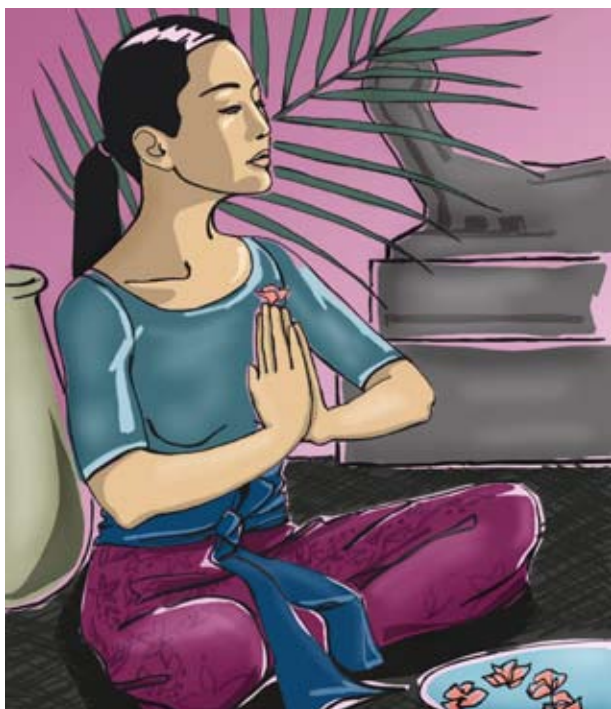
Fri, Mar 16 7 a.m. – 6 p.m.

Mid Winter Break Camp \$116

Tue, Feb 20 – Fri, Feb 23 7 a.m. – 6 p.m.



Fitness/Health/Learning



Yoga

\$90

The benefits of yoga include increased body awareness, greater freedom of movement, mental clarity, and the ability to relax. In this class, we will build a balance of strength and flexibility. We will explore physical postures and stretching, breathing exercises, and introduce participants to meditation. Bring a wool blanket or a large towel, and wear comfortable clothes you can move in. Expect to get your heart rate up!

Instructor: Karin Coart

Location: Bathhouse Multipurpose Room

Session 1

#12493 Tue/Fri 7 – 8 a.m. 1/30 – 3/2

Session 2

#12495 Tue/Fri 7 – 8 a.m. 3/5 – 4/6

Abduction Prevention for Kids Workshop

\$35

This workshop will focus on self-defense techniques as well as the importance of children using noise to draw attention to possible abduction attempts. We encourage parents to attend so they can do follow-up coaching.

Ages 5 to 12

#13705 Sat, Feb 3 12:30 – 2:30 p.m.

Instructor: Hanshi Jim Curtis

Location: Center Multipurpose Room

Assault Resistance Workshop

\$35

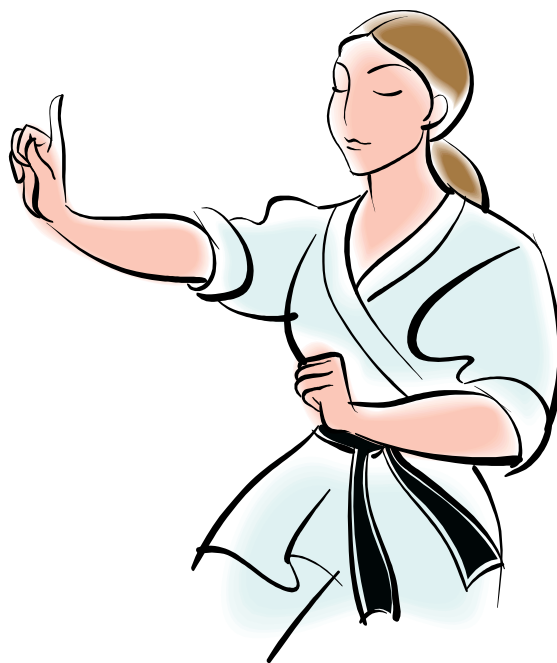
This workshop for teens and adults includes basic self-defense techniques and strategies for dealing with one or more attackers.

Ages 13 and up

#13706 Sat, Feb 3 10 a.m. – Noon

Instructor: Hanshi Jim Curtis

Location: Center Multipurpose Room



Teens

Teen Development Program

Need some time just to hang out? The City of Seattle's Pro Parks Levy provides funding for a variety of teen activities at the center. Weekly activities include ping-pong, music, pool, bowling, movies, and field trips, along with developmental programs that promote positive self-esteem.



Alki Bathhouse Art Program

The bathhouse art program provides both classes for students and open studio time for artists. Winter classes begin January 22 unless noted otherwise. Call 684-7430 for registration information or visit the bathhouse at 2701 Alki Ave S.W.

The bathhouse is open Monday and Thursday, 10 a.m. – 9 p.m.; Wednesday, 10 a.m. – 2 p.m. & 3:30 – 9 p.m.; and Saturday 10 a.m. – 3 p.m.

Drawing & Painting

Dancing with Color

\$75



Discover your own style and presence on canvas. Uncover the mysteries of color, glaze, and gels. "Impasto," "Sprezzatura," and "Chiaroscuro" will become part of your vocabulary. Texture, shadows, and reflections will appear like magic!

Ages 18 and older

Instructor: Colleen Doherty

Location: Bathhouse Multipurpose Room

#12423 Thursdays 10 a.m. – Noon 1/25 – 3/15

#12425 Saturdays 10:30 a.m. – 12:30 p.m. 1/27 – 3/17



Artistic Credit: © 2004 Colleen Doherty. All Rights Reserved.

Encaustic Painting

\$90

Wax eloquent with this exploration of an ancient painting technique. Technical information and practice will take you from Faum to Faux with emphasis on your personal imagery and approaches.

Ages 18 and older

Instructor: Diana Fairbanks

Location: Bathhouse Multipurpose Room

#12426 Mondays 6:30 – 8:30 p.m. 1/29 – 3/12

Paint Your Heart Out

\$95

Explore your creative process through tempera and acrylic with a focus on loosening up, getting rid of stress, and learning to recognize personally meaningful symbols. This class is enlightening and fun.

Ages 16 and older

Instructor: Jennifer Jennings

Location: Bathhouse Multipurpose Room

#12475 Thursdays 6:30 – 9 p.m. 2/8 – 3/8

Alki Bathhouse Art Program: Drawing & Painting

Aquarelle Pencil Drawing \$100

Discover the delights of water-soluble, colored aquarelle pencils in this dynamic drawing and painting class. The class covers basic drawing concepts, including angles, proportions, negative space, light and shadow, and an introduction to simple color theory.

Ages 18 and older

Instructor: Sue Gill Rose

Location: Bathhouse Multipurpose Room

#12340 Tuesdays 10 a.m. – 1 p.m. 1/30 – 2/20

Basic Beginning Drawing \$100

This class offers beginning students experience with a variety of drawing mediums while it develops visual skills essential to sound drawing practice. The instructor will address factors of spatial representation, texture, composition, and expression. Composition is the key.

Ages 18 and older

Instructor: Sue Gill Rose

Location: Bathhouse Multipurpose Room

#12344 Tuesdays 1 – 4 p.m. 2/6 – 2/27

Drawing for Adults \$75

In this class, you will learn the principles of light and shadow, color, perspective, and human figure proportions. Learning these basics will make you into a competent drawing artist.

Ages 18 and older

Instructor: Greg Hatcher

Location: Bathhouse Multipurpose Room

#12444 Mondays 7 – 8:30 p.m. 1/29 – 4/2

Painting For Adults and Seniors \$120

Using acrylic paint, students will receive a thorough introduction to the techniques of painting, and learn how to use paint to express their own creative ideas. We will work from life, photographs, and the work of other artists to learn the basics of representational, abstract, and expressive painting. Although the class will be tailored to beginning-level students, those with varying levels of prior painting experience will enjoy and benefit from this eye-opening class.

Ages 18 and older

Instructor: Susanna Bluhm

Location: Bathhouse Multipurpose Room

#12478 Wednesdays 6 – 9 p.m. 1/24 – 3/28



Beginning Portrait Drawing \$100

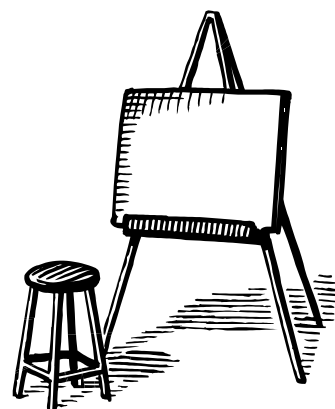
An introduction to basic angles, proportions, negative space, and light and shadow is integrated into our explorations as we study a variety of heads from pictures, each other, and live models. Learn ways of simplifying what you see.

Ages 18 and older

Instructor: Sue Gill Rose

Location: Bathhouse Multipurpose Room

#12381 Mondays 1 – 4 p.m. 2/5 – 3/5



Alki Bathhouse Art Program: Kids' Art

Multi-Media Art for Home-Schooled Kids \$100

In this expansive art class, students will have the opportunity to engage in various multi-media projects, such as collage, painting, sculpture, book-making and many more forms of creative expression.

Ages 7 to 14

Instructor: Susanna Bluhm

Location: Bathhouse Multipurpose Room

#12473 Wednesdays 1 – 3 p.m. 1/24 – 3/28

Beginning Drawing for Youth \$60

Lots of kids want to draw but feel intimidated by what they feel is a lack of talent. There are tools and tricks of the trade that can make anyone a better artist: learning how to use light and shadow, how to break an object into its component shapes, how to use perspective and color to create a feeling of three-dimensionality. We'll show you these and more. You may not leave this class a great artist, but you'll be a much better one.

Ages 10 to 14

Instructor: Greg Hatcher

Location: Bathhouse Multipurpose Room

#12374 Tuesdays 6 – 7 p.m. 1/23 – 3/27

Fashion Group: Tiara Club \$85

This club is for design students who would like to learn more about the fashion industry. Youth designers will learn about fashion design, illustration, fabrics, and industry history. Students must have taken a fashion workshop or camp session before attending this class.

Ages 6 to 9

Instructor: Talese Heckler

Location: Bathhouse Multipurpose Room

#12438 Wednesdays 4 – 5:30 p.m. 1/17 – 2/14

#12439 Wednesdays 4 – 5:30 p.m. 2/21 – 3/21

Fashion Group: Advanced Fashion Design \$85

This class is for design students looking to further their knowledge and skills in the fashion industry. Students will learn more about research, illustration, textiles, colors, fabrications, and more. Students must have taken a fashion workshop or camp before participation.

Ages 9 to 12

Instructor: Talese Heckler

Location: Bathhouse Painting Room

#12434 Thursdays 4 – 5:30 p.m. 1/18 – 2/15

#12435 Thursdays 4 – 5:30 p.m. 2/22 – 3/22

Cartooning for Youth \$60

Cartooning is about combining words and pictures to tell a story. If you have some imagination, you have all the qualifications you need! Storytelling is what we do in this class, where students will learn the "language" of comics. They will learn how to lay out a page and create characters with simple lines and shapes. This is your chance to put your daydreams on the printed page! The final class project will be an actual comic book.

Ages 8 to 12

Instructor: Greg Hatcher

Location: Bathhouse Multipurpose Room

#12395 Tuesdays 5 – 6 p.m. 1/23 – 3/27

Kids' Pottery

Kids Pottery Beginning \$70

This class is an introduction for youth to clay basics. Using handbuilding techniques, they will learn how to build pinch pots, coiled forms, cups, animals, and more. Students will experiment with textures, shapes, and colors.

Ages 5 to 10

Instructor: Aaron Murray

Location: Bathhouse Pottery Room

#12467 Mondays 4 – 5 p.m. 1/29 – 2/26

#12469 Mondays 4 – 5 p.m. 3/5 – 4/2

Kids Pottery Continuing \$70

This class teaches youth clay basics. Using handbuilding techniques, they will learn how to build pinch pots, coiled forms, cups, animals, and more. Students will experiment with textures, shapes, and colors, and be introduced to the wheel. Prerequisite: previous class experience

Ages 7 to 11

Instructor: TBA

Location: Bathhouse Pottery Room

#12470 Tuesdays 4 – 5 p.m. 1/30 – 2/27

#12471 Tuesdays 4 – 5 p.m. 3/6 – 4/3

Ceramics for Home-Schooled Kids \$100

Discover the fun of playing with clay and experiencing the creative process from start to finish. Using low-fire white clay, students will learn basic handbuilding techniques to create both functional pottery and sculpture. The instructor will teach various decorating/painting techniques that feature bright, colorful glazes and stains.

Ages 7 to 14

Instructor: Susanna Bluhm

Location: Bathhouse Pottery Room

#12400 Thursdays 1 – 3 p.m. 1/25 – 3/29

Alki Bathhouse Art Program: Kids' Art

One-Day Workshops

Girl Power:

Mothers and Daughters \$20

This workshop is for mothers and daughters and offers adult/child communication enhancement and bonding through art and creativity. We will design decorative masks and learn about universal symbols. We'll also share our hopes and visions for our futures while co-creating an art piece for each family to take home and cherish.

Ages 6 - 9

Instructor: Talese Heckler

Location: Bathhouse Multipurpose Room

#12465 Sat, Jan 20 10 - 11 a.m.

Urban Art & Painting for Youth Workshop

\$15

Inspired by the urban artists of New York and L.A. this workshop teaches youth how to sketch and illustrate in urban style lettering and how to incorporate cool images. Students will draw ideas in sketchbooks, and then transfer, paint, or color up one of their concepts.

Ages 9 to 12

Instructor: Talese Heckler

Location: Bathhouse Multipurpose Room

#12488 Sat, Jan 27 10 a.m. - 12:30 p.m.

Fashion for Youth Workshop \$15

Students will learn about the fashion industry and begin working on their own sketches and designs. This class is for youth who love fashion and would like to further their interests with a realistic view, and a chance to create their own fashion concepts.

Ages 10 to 14

Instructor: Talese Heckler

Location: Bathhouse Multipurpose Room

#12431 Sat, Feb 3 10 a.m. - 1 p.m.

Girl Power:

Fathers and Daughters \$20

This workshop is for fathers and daughters, and offers adult/child communication enhancement and bonding through art and creativity. We will make a heart keepsake and learn about universal symbols. We'll also share our individual hopes and wishes for our futures while co-creating an art piece to cherish.

Ages 6 to 9

Instructor: Talese Heckler

Location: Bathhouse Multipurpose Room

#12464 Sat, Feb 10 10 - 11 a.m.

Art Sampler Workshops for Children

Free

These workshops provide an opportunity for parents and young children to experience a wide variety of fun art activities. Please call the center at 684-7430 at least two days in advance to register for these free workshops.

Instructor: Sarah Browning

Location: Bathhouse Painting Room

Nature Stamps

Free

Create art side by side with your little one! Leaves, pinecones, feathers, and other treasures will inspire us to make small masterpieces using stamping, rubbing and tracing processes.

Ages 3 to 5 plus adult

Saturday, January 13 2:30 - 3:30 p.m.

Make Your Own Play Dough

Free

Discover how easy and fun it is to make play dough at home! It's a great activity for a rainy afternoon. We'll mix up a few batches, then squish, cut and play! You'll take home a recipe and some dough.

Ages 3 to 5 plus adult

Saturday, February 3 2:30 - 3:30 p.m.

Watercolor for Kids

Free

Learn about pan and tube paints, watercolor pencils, and what kind of paper has extra "tooth". Discover some techniques for controlling that slippery brush! Find out when to blot, what wet-into-wet looks like, and when to use a hairdryer!!

Ages 6 to 10

Saturday, February 17 2:30 - 4 p.m.

Decorate Your Own Artist Apron

Free

What artist doesn't need a good apron? We'll use fabric paints to personalize and decorate our own. Bring home your functional creation and wear it whenever you know you are going to get messy!

Ages 3 to 7 (3 to 4, adult must stay)

Saturday, March 10 2:30 - 3:30 p.m.

**Don't Miss Our
Bright Art Start**

Kids' Art Classes!

see page 12 for details

Alki Bathhouse Art Program: Pottery

Beginning Handbuilding \$165

This class will introduce the basics of handbuilding. Students will learn simple techniques and experiment with slips, glazes, and other surface decoration techniques. The instructor will cover exploration and discussion of the sculptural form and the function of the object. The class includes open studio time.

Ages 18 and older

Instructor: Aaron Murray

Location: Bathhouse Pottery Room

#12378 Mondays 6 – 9 p.m. 1/29 – 4/2

Beginning Wheel Throwing \$155

Students learn how to throw on the wheel in a relaxed and supportive environment. Students who have limited experience on the wheel but want to work on specific challenges are welcome.

Ages 18 and older

Instructor: Jana Layman

Location: Bathhouse Pottery Room

#12697 Wednesdays 6:30 – 8:30 p.m. 1/24 – 3/21

Intermediate Wheel Throwing \$155

Do you have experience working with clay on the wheel? Come and perfect your centering and throwing techniques. Expand your horizons using different tools and methods to achieve your own look. Learn how to find a style that suits your taste and how to express it consistently in each piece. You will be proud of your work.

Ages 18 and older

Instructor: Jana Layman

Location: Bathhouse Pottery Room

#12408 Thursdays 6:30 – 8:30 p.m. 1/25 – 2/22

Independent Clay Projects \$165

These class hours are intended for students who want to explore their own creative ideas in clay. Assistance is always available for troubleshooting issues and for aesthetic decisions and independent projects. Prerequisite: Previous experience.

Age 18 and older

Instructor: Aaron Murray

#12406 Tuesdays 6 – 9 p.m. 1/30 – 3/27

Location: Bathhouse Pottery Room

Ceramics for Seniors and Adults \$130

Discover the fun of playing with clay and creating something from start to finish. Using low-fire white clay, students will learn basic handbuilding techniques to create both functional pottery as well as sculpture. The instructor will teach various decorating/painting techniques featuring bright, colorful glazes and stains.

Ages 18 and older

Location: Bathhouse Pottery Room

#12401 Tue/Thu 10 a.m. – Noon 1/23 – 2/22

#12402 Tue/Thu 10 a.m. – Noon 2/27 – 3/29



Bright Art Start

with Instructor Talese Heckler

Mixed Media

\$70

Encourage creativity early by signing your child up for this class. Little artists will learn about painting, textures, color, and expression and they'll develop motor and social skills. Dress to mess! Parents are invited to attend the first session.

Ages 4 to 6

Location: Bathhouse Multipurpose Room

#12386 Fri 1:30 – 2:30 p.m. 1/26 – 2/23

#12388 Fri 1:30 – 2:30 p.m. 3/2 – 3/30

Paint Your Own Masterpiece

\$85

Students will begin with learning drawing techniques and perfecting their artistic skills while creating three different original compositions. Then they will narrow their work down to one composition to be painted in acrylic paints onto a canvass. Their own masterpiece painting will be the final project to take home and cherish forever.

Ages 9 to 12

Location: Bathhouse Multipurpose Room

#12484 Tue
4:30 – 5:30 p.m.



1/30 – 3/6

Winter Break Art Camp: Bright Art Start

\$115

Young artists will learn about famous artists and try new techniques in watercolor, drawing, colored pencils, charcoal, and acrylic paints under the influence of history, other cultures, nature and music. We will end the week with an art show and will invite families and friends to view our creations.

Ages 6 to 9

Location: Bathhouse Multipurpose Room

#12490 Mon, Dec 18
– Fri, Dec 22
9 a.m. – Noon

Winter Camp: Bright Art Start Design

\$115

Young designers will learn about the fashion industry, try water color techniques used in fashion illustration, learn how to design a collection, and finish the week with a final presentation for families and friends.

Ages 6 to 9

Location: Bathhouse Multipurpose Room
#12489 Mon, Dec 18 – Fri, Dec 22

Alki Bathhouse Art Program

Meet Our Artist Instructors

Sarah Browning (Bathhouse Art Specialist)

Sarah works with acrylic paints out of her studio in Luna Park. A West Seattle transplant, she is originally from northern New Mexico. She received a B.A. in Visual Arts from the University of California at Santa Cruz.

Talese Heckler (Bathhouse Art Specialist, Bright Art Start, Fashion, and Youth workshops)

Talese has a degree in fashion design from the Fashion Institute of Design and Merchandising in Los Angeles, CA. She has worked as a professional fashion designer, artist, and art teacher.

Colleen Doherty (Dancing With Color) Colleen is a local self-taught artist who has been painting for eight years. She has displayed her work around the state.

Diana Fairbanks (Encaustic Painting) Diana received her B.F.A. from Ft Wright College and a graduate degree in Education Technology from the University of Washington. She has taught a variety of media at the University of Washington, Western Washington State, and Bellevue Art Museum.

Sue Gill Rose (Aquarelle and Portrait Drawing)

Sue has a B.F.A. from Southern Methodist University. She has studied under renowned watercolor artist Douglas Walton at Louisiana State University and shows her works all over the state. She also teaches at Edmonds Community College and Art Works in Edmonds, WA.

Greg Hatcher (Drawing and Cartooning) Greg has taught classes for youth and adults for 10 years. He has won the EPA Award for Outstanding Children's Writing three times, and he works as a part-time freelance illustrator.

Jennifer Jennings (Paint Your Heart Out) Jennifer has taken classes in art at the University of California, Ft. Mason Art Center, and Seattle Academy of Fine Art. She has taught privately for 30 years.

Jana Layman (Wheel Throwing) Jana graduated from Northwest College of Art with a B.F.A. in Visual Communications and Fine Art and Design. She is a local resident whose love affair with clay began in high school.

Aaron Murray (Handbuilding, Kids Pottery)

Aaron is a self-taught potter who has taken graduate level pottery classes and operates his own production studio.

Susanna Bluhm (Ceramics, Painting) Susanna has an MFA in Painting from the University of Illinois at Urbana-Champaign, and has been teaching art classes for ten years. She has shown her work in New York, Washington D.C., Chicago, and Seattle. In 2005 she had Artist Residencies at the Irish Museum of Modern Art in Dublin, Ireland, and at the Karl Hofer Gesellschaft in Berlin, Germany.



Walking on Alki. Sarah Browning. © 2004 Sarah Browning. All Rights Reserved.

Alki Bathhouse Art Program

Open Studio

Open Pottery Studio \$85/qtr

The pottery room is open to both studio and student potters. Open studio hours are Monday, Wednesday, and Saturday from 10 a.m. to 2 p.m. The fee for studio potters is \$85 per quarter. Students may participate free of charge. Open studio is a drop-in program, and hours are not guaranteed. #12410

Ages 18 and older

Location: Bathhouse Pottery Studio

Open Painting Studio \$35/qtr

The multipurpose room and painting room are open to both studio and student painters. Open studio hours are Monday, Wednesday, Thursday, and Saturday from 10:00 a.m. to 2:00 p.m. The fee for studio painters is \$35. Painting class students may participate in open studio free of charge. Open studio is a drop-in program, and hours are not guaranteed as occasionally they are used for other activities. #12427

Ages 18 and older

Location: Bathhouse Painting Room



Winter Art Show

We invite studio and guest artists to display their paintings at the bathhouse. Visit art specialists Talese Heckler and Sarah Browning at the Bathhouse for further information on how to participate.

Spring Art Classes

We are now accepting class proposals for the spring art program. Ask for a class proposal form by calling John Hermann at 206-684-7430, or by e-mailing him at john.hermann@seattle.gov.

Artist Openings

Alki Bathhouse is hosting an opening for its artists. This is a wonderful opportunity for local residents to enjoy an evening on the beach viewing the lights of Elliot Bay, have dinner at a fine restaurant, and enjoy the fine arts. Artists will be available to talk about their own work and to discuss art. Information about the bathhouse art program will be available.

**The winter opening will be
Thursday, February 8
from 5 to 8 p.m.**



*Shoes of Champions. Diana Fairbanks. © 2004
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Lifelong Recreation

Southwest Registration Information

Classes/Special Events

Mary Dalzell, Recreation Specialist
206-935-2162

E-mail: mary.dalzell@seattle.gov

Winter Dates: Jan 2 – Mar 16

No classes: 1/1, 1/15, 2/19

Class Registration and Payment:
For * classes (those with a bar-
code), register beginning December
4 online at **www.seattle.gov/parks**
or at your local community center.
We accept cash, checks, Visa, Mas-
terCard, and American Express.

For other classes, you can register
beginning December 15 at 9 a.m. by
calling 206-935-2162.

Fitness* **\$24 – 1 day/wk**

An entire body work out. This class uses
dyna bands and weights and includes floor
work. You'll improve balance, flexibility, and
agility. Bring weights to class.

Location: Social Room

#13010 Mon 10 – 11 a.m. Alki CC

#13005 Wed 10 – 11 a.m. Alki CC

Pilates* **\$42**

Pilates helps improve focus, reduce stress,
improve posture, correct muscle imbalance,
and strengthen core muscles.

Location: Social Room

#13019 Tue 10:45 – 11:45 a.m. Alki CC

Water Exercise **\$3 drop-in**

This shallow end program provides a thera-
peutic exercise time for senior adults. Par-
ticipants can expect increased strength and
flexibility while they improve their cardio-
vascular systems. No swimming ability is
required. Call 206-684-7440 for more informa-
tion. **No registration necessary.**

Tue/Thu 1:30 – 2:15 p.m. Southwest Pool
2801 SW Thistle St

Walks w/ Dogs: Alki Neighborhood and Beach walk* **Free**

Bring a dog, or come without one if you just
love dogs. Prepare to walk 2 to 3 miles, rain
or shine. Meet at the designated site at 11
a.m., with your dog on a leash. Remember to
bring poop bags! Walks are free, but please
register at 233-7255 so volunteer leader
Sharon LeVine can contact you if there is a
change. Note: Bus riders can bring their dogs
on Metro buses. ***Meet at Tully's Coffee on
patio, 2676 Alki Ave SW, #56 Bus**

#13277 Mon, Jan 22 11 a.m. – 1 p.m.

Sound Steps Mall Walking **Free**

Enjoy an indoor walk at Southcenter Mall
with time for shopping afterward. Transpor-
tation is provided. We'll provide pickup at
two West Seattle sites. **Please reserve your
spot by the Wednesday before by calling
684-4664.**

Fridays 8:30 – 11:15 a.m. Southcenter Mall

Harbor Avenue Walking Group **Free**

Take a regular walk with friends while you
enjoy Seattle's natural waterfront beauty.

**Meet at the big anchor at Duwamish Head,
1140 Alki Ave SW.**

Thursdays 8:45 – 9:45 a.m.

Alki Book Club **Free**

The club meets the first Wednesday of each
month at the Alki Community Center at 11:15
a.m. At noon there's a book exchange for any-
one who would like to share books. **Please
call 206-935-2162 to register.**

Instructor: Mary Dalzell

Wed: 1/3, 2/7, 3/7 11:15 a.m. – 12:15 p.m.

Need More Info?

For more information about Lifelong
Recreation programs and events citywide,
call 206-684-4951 and ask for a copy of our
Winter 2007 Brochure!

Register for *classes online or at your local community center.

Lifelong Recreation

Sculpted Tiles and More* \$50

Learn to make bas-relief tiles (sculpted on the front, flat on the back) using a variety of techniques, then experiment with using these same techniques to make other clay items of your choosing. The instructor will present lots of fun ideas, tools, and techniques to try out. Extra studio time is included in class fee. No experience is needed. The class fee is due when you register, and a \$20 supply fee is due to the instructor on the first day of class.

#13026 Mon (1/29 – 3/12) 12:30 – 2 p.m.

Location: Bathhouse Multipurpose Room

Preventing & Treating Diabetes Naturally Free

Candace McNaughton, ND, will talk about insulin resistance, self care, and preventing and treating diabetes. Get tips on alternative sweeteners, how to exercise, and natural treatments. You'll also learn about preventing and treating complications such as eye, kidney, and skin problems. **Please call Mary to register: 206-935-2162.**

Mon, Jan 22 10:45 a.m. – Noon Alki CC

Peru Free

Randy Smith the Recreation Coordinator at Jefferson Community Center took his family on a month-long visit to Peru. He will share his experiences and pictures of the wonderful time they had in this colorful country.

Please call Mary to register: 206-935-2162.

Tue, Jan 31 11:15 a.m. – 12:30 p.m. Alki CC

Flexcar Free

Flexcar pays for the gas, parking, insurance, and maintenance. You just pay an hourly rate when you reserve a car. This transportation may be an option for you or someone you know. Come get the details from Cherie Seymore. **Please register by February 14 by calling Mary at 206-935-2162.**

Wed, Feb 21 11:15 a.m. – Noon Alki CC

Birthday Brown Bag Free

It's my birthday and in celebration you're all invited. Bring your own brown bag lunch. You have all done so much to enhance my love of my work that I thought we could sit around and "remember when." **Please call Mary to register: 206-935-2162.**

Wed, Jan 17 11:15 a.m. – Noon Alki CC

Snowball Dance \$2 (men free!)

Come to dance or just listen to the band. This event takes place at, and is co-sponsored with, the West Seattle Senior Center. Admission fee is \$2, payable when you arrive at the Senior Center. Admission for men is free, as we would like to encourage your participation. Please call Mary to register: 206-935-2162.

**Tue, Jan 23 1:30 p.m. W Seattle Sr Ctr
4217 SW Oregon St**

Wellness Fair TBD

Queen Anne Community Center will be the host site for this offering of more than 30 exhibitors, an auction with great prizes, and a free soup and sandwich lunch. To register please call Mary at 935-2162.

Fri, Jan 26 11:30 a.m. – 2:30 p.m.

Location: Queen Anne CC

Valentine Party Free

It's a sweetheart of a day. Bring pictures of that special someone and share some memories. As in the past, bring finger food treats to make it an even better party. Please call Mary to register: 206-935-2162.

Wed, Feb 14 11:15 a.m. – 12:30 p.m. Alki CC

Fabulous Fashion Show II \$3

Come see local businesspeople, volunteers, and others modeling clothing from the West Seattle Discovery Shop and the Stop-N-Shop store. It was great fun last year and we expect to have just as many good times this year. You can make reservations for lunch, which begins at 11:45 a.m., or just come for the show, which starts at 12:30. Lunch costs \$3. Please call 932-4044 one week ahead to make a reservation. The \$3 for the show is due when you arrive at the Senior Center.

**Wed, Mar 14 12:30 p.m. W Seattle Sr Ctr
4217 SW Oregon St**

Register for *classes online or at your local community center.

Lifelong Recreation: Field Trips

Southwest Trip Registration Information

Register and pay for trips beginning December 4 online (www.seattle.gov/parks) or at your local community center.

Note: Trip times/costs/destinations are subject to change. *On all trips, lunch is on your own.*

Pick-up Sites:

High Point CC 6920 34th Ave SW
Hiawatha CC South parking lot of Safeway on California Ave SW

Mochi Tsuki \$6

Celebrate the Japanese new year on Islandwood. There will be demonstrations, exhibits, and Tiko drummers. Please bring a lunch. Ferry fee of \$6.50 is not included. There will be an additional pick up at the Jefferson Community Center for this trip.

#13668 Sun, Jan 7 10:45 a.m. – 4 p.m.

Museum of Flight/DaVinci Exhibit \$6

Tour the Museum of Flight with all its new exhibits. The museum is now hosting the international exhibit on Leonardo DaVinci, one of history's greatest inventors, showing more than 50 of his works. Please bring your own admission fee.

#13665 Thu, Jan 11 10 a.m. – 3 p.m.

Kirkland Parkplace \$7.50

Shop, look, eat, and enjoy an afternoon in Kirkland. You'll surely find some changes from the last time you were there.

#13670 Thu, Jan 25 10 a.m. – 3:30 p.m.

Brookwood Equestrian Center \$12.50

The northwest's oldest operating riding facility is located in Lakewood. Enjoy a tour of the facilities, see the horses, and watch a riding demonstration.

#13027 Thu, Mar 1 9:30 a.m. – 4 p.m.

Dog Show \$5.50

The Seattle Kennel club celebrates its 69th year with more than 1600 dogs competing for best in show awards. Enjoy agility, rally, and obedience trials for all breeds. Admission on your own.

#13662 Sun, Mar 11 10 a.m. – 3 p.m.

Auction House \$6.50

Pacific Galleries is our destination. You can bid, watch, or spend time browsing. We will arrive in time for you to check out the items to be auctioned. Enjoy lunch on your own after the auction.

#13669 Mon, Mar 19 8:30 a.m. – 3:30 p.m.

Library Tours \$7.50

In 1998, Seattle voters approved the \$196 million "Libraries for All" bond issue, which has resulted in many new libraries all over the city. We will visit some of them and spend time in their neighborhoods.

#13667 Thu, Feb 1 10 a.m. – 4 p.m.

Movie & Lunch \$6.50

Our annual excursion to the movies. We'll choose a theater with multiple offerings and eating facilities nearby. You're on your own for the movie and lunch.

#13671 Thu, Feb 8 10 a.m. – 4 p.m.

Sea Tac Airport Tour \$8

Get an inside view of the newly remodeled airport. You'll see the emergency operations systems and the main terminal area, ride the tram, see fabulous artwork, and finish with lunch in the fast food eating area. You're on your own for lunch. Please note: there's lots of walking on this trip.

#13672 Thu, Feb 22 9:15 a.m. – 1:30 p.m.

Partner Dance

We would like to get a dancing group for couples started. Our last offering was at the High Point Community Center on Wednesdays from 11 a.m. to noon. Interested? Please call Mary at 206-935-2162 with suggestions.

Register for trips online or at your local community center.

Classes and Events at Other Centers

Hiawatha Community Center

*Hiawatha Community Center is located at 2700 California Ave SW, Seattle, WA 98116.
For more information about programs at Hiawatha, please call 206.684.7441.*

Yoga — Gentle Beginners

\$100

Ages 18 and older

This class is appropriate for raw beginners to yoga or those wishing to work more gently. Focus will be on breath, alignment, and the basic principles of asana practice with some restorative work.

Location: Hiawatha Auditorium

#13381 Mondays 6:30 – 7:45 p.m. 1/8 – 3/26



Yoga — Mixed Level

\$100

Ages 18 and older

You are invited to join us for 1¼ hour of mixed-level yoga every Wednesday evening. This class combines alignment-based practice with Hatha flow and is designed for the beginning student (3 months practice) and those with more experience. Each class will include strengthening and stretching and will focus on the breath and understanding the asana (pose) as a means of achieving connection to the mind and body.

Instructor: Roz Boyd

Location: Hiawatha Auditorium

#13383 Wednes 6:30 – 7:45 p.m. 1/10 – 3/14

Middle Eastern Dance

\$48

Ages 15 and older

Wanna dance like Shakira? You can learn the basics of Belly Dance in this class. Included are basic postures, movements, veil, finger cymbals and shimmies! Have a good time doing something good for yourself. Class can include opportunities to join/perform with student troupe “Ladies Do Bellydance”

Instructor: Sian Lane

Location: Hiawatha CC Kid’s Room

Beginners

#10650 Thursdays 6:30 – 7:30 p.m. 9/28 – 12/14

Intermediate

#10652 Thursdays 7:30 – 8:30 p.m. 9/28 – 12/14



Fusion Hip Hop Dance

\$80

Ages 6 to 99

Get ready to leave your inhibitions at the door! Classes begin with a vigorous, rhythmic warm-up (with some jazz technique) followed by a lively and innovative dance routine blending East and West coast hip-hop, jazz funk and R&B styles. All classes are open to movers and shakers of all levels. Wear loose clothing and be ready to sweat!

Location: Hiawatha Auditorium

#13445 Thursdays 5 – 6 p.m. 1/11 – 3/22

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we’re building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We’re cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

Classes and Events at Other Centers

Southwest Community Center

Southwest Community Center is located at 2801 SW Thistle St, Seattle, WA 98126. For more information about programs at Southwest, please call 206.684.7438.

Karate

\$80/session

Ages 8 and older



Build self-esteem, self-control, and self-defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Location: Southwest Meeting Room

#12468	T/Th	6:30 – 8:30 p.m.	1/9 – 2/15
#12474	T/Th	6:30 – 8:30 p.m.	2/27 – 4/5

Delridge Community Center

Delridge Community Center is located at 4501 Delridge Way SW, Seattle, WA 98106. For more information about programs at Delridge, please call 206.684.7423.

Jazz II (Age 18+)

\$30/session

Location: Delridge Multipurpose Room

#12776	Wed	7:50 – 8:50 p.m.	1/17 – 1/31
#12778	Wed	7:50 – 8:50 p.m.	2/7 – 2/21
#12780	Wed	7:50 – 8:50 p.m.	3/7 – 3/21

Adult Tap (Age 18+)

\$30/session

Location: Delridge Multipurpose Room

Basic Tap

#12794	Wed	6 – 6:50 p.m.	1/10 – 1/31
#12795	Wed	6 – 6:50 p.m.	2/7 – 2/28
#12796	Wed	6 – 6:50 p.m.	3/7 – 3/28

Intermediate Tap

#12797	Wed	6:50 – 7:50 p.m.	1/10 – 1/31
#12798	Wed	6:50 – 7:50 p.m.	2/7 – 2/28
#12799	Wed	6:50 – 7:50 p.m.	3/7 – 3/28

High Point Community Center

High Point Community Center is located at 6920 34th Ave SW, Seattle, WA 98126. For more information about programs at High Point, please call 206.684.7422.

Adult Yoga

(Age 18+)

This class, designed for beginning through intermediate students, is designed to develop increased strength, flexibility, and more!

Location: High Point Multipurpose Room

#12318	Wed	6:30 – 7:45 p.m.	1/10 – 2/7	\$45
#12319	Wed	6:30 – 7:45 p.m.	2/28 – 3/28	\$45

AM Yoga

(Age 18+)

This is a yoga class designed for the early bird!

#12333	Wed	11 a.m. – 12:15 p.m.	1/10 – 1/31	\$38
#12335	Wed	11 a.m. – 12:15 p.m.	2/7 – 2/28	\$38
#13379	Wed	11 a.m. – 12:15 p.m.	3/7 – 3/28	\$38

Pilates

(Age 18+)

Pilates is designed to improve kinesthetic awareness, increase mental focus, and reduce stress. Bring a mat; almost all work is done on the floor.

#12421	T/Th	7 – 8 p.m.	1/9 – 1/30	\$52.50
#12422	T/Th	7 – 8 p.m.	2/6 – 2/27	\$52.50
#13380	T/Th	7 – 8 p.m.	3/1 – 3/27	\$67.50

NIA

(Age 18+)

NIA (Neuromuscular Integrative Action) combines carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, jazz, modern dance, and other movement forms. NIA classes offer total-body cardiovascular conditioning and cross-training for any sport or activity. All NIA movements are adaptable and can be personalized for any level of fitness and agility. No prior training is necessary.

Location: High Point Multipurpose Room

Morning NIA

#13841	T/Th	10 – 11 a.m.	1/9 – 2/15	\$84.00
#13842	T/Th	10 – 11 a.m.	2/27 – 4/5	\$84.00

Evening NIA

#12415	Mon	6 – 7 p.m.	1/8 – 2/12	\$37.50
#12420	Mon	6 – 7 p.m.	2/26 – 3/26	\$37.50
#13843	Wed	5:15 – 6:15 p.m.	1/10 – 2/14	\$42.00
#13844	Wed	5:15 – 6:15 p.m.	2/28 – 3/28	\$42.00

Southwest Pool Daily Schedule Winter 2007: 1/2 – 3/25

Mondays & Wednesdays

6:00 – 7:30* a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
2:00 – 2:30 p.m.	Home-School Lessons (M)
3:00 – 4:00***	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
5:30 – 6:30	Masters Workout
6:30 – 7:15	Diving Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Adult & 3 Yr Old Lessons
7:30 – 8:15	Hydro-Fit
7:30 – 8:30	Shallow-end Public Swim

Tuesdays & Thursdays

Noon – 1:30 PM	Adult & Senior Swim
1:30 – 2:15	Sr. Adult Water Exercise
4:15 – 5:00	Competitive Stroke
4:30 – 5:00	3 Years Old Lessons
5:00 – 6:00**	Lap Swim
6:00 – 6:30	Swim Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro-Fit (deep end)
8:30 – 9:15	Adult Water Aerobics

Fridays

6:00 – 7:30* a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:30	Family/Lap Swim
3:00 – 4:00***	Lap Swim
4:30 – 5:30**	Public Swim
5:30 – 7:00	Lap Swim
6:00 – 7:00	Masters Workout
7:00 – 8:00	Family Swim
8:30 – 10:00	Rentals (Call to Schedule)

Saturdays

9:30 – 10:30 a.m.	Lap Swim
9:30 – 10:30	Youth Fitness Workout
10:30 – Noon	Swim Lessons
Noon – 1:00 p.m.	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals (Call to Schedule)

Sundays

11:00 – 12:30 p.m.	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:30 – 10:00	Rentals (Call to Schedule)

* Admission to EMLS by swim ticket only.

** Programs cancelled due to swim meet: 1/5, 1/9, 1/12, 1/16, 1/23

*** M/W/F lap swim resumes 2/12.

Pool Closed

Jan 1	New Year's Day
Jan 15	Martin Luther King Jr Day
Feb 19	Presidents' Day

Winter swim lesson registration starts December 4 @ 7 a.m.

For more info, visit our website at
www.seattle.gov/parks/aquatics/swpool.htm

Register online at
www.seattle.gov/parks

Facility Fees & Charges

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa, Weights, Sauna Use	\$3.75
Spa (in addition to swim)	50¢
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
F.A.S.T. Pass Adult (Unlimited 1 month)	\$45.00
F.A.S.T. Pass Youth/Senior	\$35.00
Water Equipment Rental	\$1.50
Showers	\$3.75

Southwest Pool Recreational & Fitness Programs

Adult/Senior Adult Swim

A recreational swim period for adults 18 years and over. Fast, medium, and easy lanes available for fitness swimming.

Monday – Friday **Noon – 1:30 p.m.**
Sunday **11 a.m. – 12:30 p.m.**

Lap Swim

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F* **6:00 – 7:30 a.m.**
M/W/F** **3:00 – 4:00 p.m.**
M/W **5:30 – 6:30 p.m.**
T/TH **5:00 – 6:00 p.m.**
Friday **1:30 – 2:30 p.m.**
Friday **5:30 – 7:00 p.m.**
Saturday **9:30 – 10:30 a.m.**
Saturday **Noon – 1:00 p.m.**
Sunday **5:00 – 6:00 p.m.**

*Admission to EMLS by swim ticket only.

**Program resumes February 12, 2007.

Public Swim

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, and life preservers to use.

Monday – Thursday **7:30 – 8:30 p.m.**
(Mon. & Wed. eves are shallow end only.)
Friday **4:30 – 5:30 p.m.**
Saturday **1:00 – 2:00 p.m.**
Sunday **4:00 – 5:00 p.m.**

Family Float Swim

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

Friday **1:30 – 2:30 p.m.**
Friday **7:00 – 8:00 p.m.**
Sunday **2:00 – 3:00 p.m.**

Adult Water Aerobics

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

Tuesday & Thursday **8:30 – 9:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

Adult Hydro-Fit

Hydro-Fit is a 45-minute, deep-water, non-impact, adult exercise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday **7:30 – 8:15 p.m.**
Tuesday & Thursday **8:30 – 9:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

Senior Adult Water Exercise

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

Tuesday & Thursday **1:30 – 2:15 p.m.**
Class Fee: \$4.75 Adults/\$3.00 Seniors

Masters Workout

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Monday & Wednesday **5:30 – 6:30 p.m.**
Friday **6:00 – 7:00 p.m.**
Class Fee: \$4.75 Adults



For information on Southwest Pool programs or swimming lessons, please call (206) 684-7440. Southwest Pool is located at 2801 SW Thistle Street.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. **Please make checks and money orders out to City of Seattle.** PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) You may also pay for many classes online; visit www.seattle.gov/parks.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Fees include Washington state sales tax where applicable.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interests and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Alki Facility Rentals

Rent Alki Community Center and Alki Bathhouse for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Alki Community Center staff at 206-684-7430 for cost and availability. If the center or bathhouse do not suit your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks/reservations/facrentalguide.htm; there are over 20 locations that can be rented throughout the Parks Department.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

SEATTLE PARKS AND RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



**SEATTLE PARKS
AND RECREATION**

Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information:

(Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____
Last First MI

Sex: Male Female
(Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____) _____
Name Phone Relation

☐ **PARTICIPANT info differs from above. How does it differ?** _____

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 ST CHOICE		ALTERNATE		AMOUNT
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
TOTAL								\$

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

- ☐ Cash *(Please do not send cash through the mail.)*
- ☐ Check or Money Order # _____
- ☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) _____

**For
mail-
in
only**

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

Please mail to: Alki Community Center
5817 SW Stevens Ave
Seattle, WA 98116

For Office Use Only:

Rent the Newly-Refurbished Alki Bathhouse!

Building Features

- ✧ Independent temperature control
- ✧ 1500 sq. ft. main room with high ceilings
- ✧ 450 sq. ft. painting studio

Site Features

- ✧ City and Sound views
- ✧ Restaurants across the street
- ✧ Walking, running, and skating

Equipment

- ✧ 13 tables (round and rectangular)
- ✧ 85 chairs
- ✧ Easels
- ✧ Table-top P.A.

Rental Rates and Options

Main Room	\$45/hour
Main Room & Painting Room	\$80/hour
Booking Fee	\$15
Damage Deposit	\$250
Staff Charges	\$17/hour

- ✧ Rooms are rented in minimum three-hour blocks.
- ✧ Rental groups are responsible for set-up and take-down.
- ✧ Additional charges and requirements apply ; call 206-684-7430 for a complete quote.

Take advantage of **Alki Bathhouse's** spectacular waterfront location by hosting your next special event here. This waterfront location on Puget Sound is minutes from Downtown Seattle. The bathhouse, which is located on Alki Beach 25 feet from high tide water, can accommodate up to 95 people. It is a great place for company parties, private groups, social gatherings, weddings, and more.



Alki Bathhouse

2701 Alki Ave SW ✧ 98116

(206) 684-7430 (Alki Community Center)

Alki Community Center
5817 SW Stevens St
Seattle, WA 98116-5810
206-684-7430

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